



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15011, Fish, catfish, channel, cooked, breaded and fried

Report Date: June 25, 2017 17:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Proximates						
Water	g	58.81	--	--	51.16	49.99
Energy	kcal	229	--	--	199	195
Energy	kJ	956	--	--	832	813
Protein	g	18.09	--	--	15.74	15.38
Total lipid (fat)	g	13.33	--	--	11.60	11.33
Ash	g	1.26	--	--	1.10	1.07
Carbohydrate, by difference	g	8.04	--	--	6.99	6.83
Fiber, total dietary	g	0.7	--	--	0.6	0.6
Minerals						
Calcium, Ca	mg	44	--	--	38	37
Iron, Fe	mg	1.43	--	--	1.24	1.22
Magnesium, Mg	mg	27	--	--	23	23
Phosphorus, P	mg	216	--	--	188	184
Potassium, K	mg	340	--	--	296	289
Sodium, Na	mg	280	--	--	244	238
Zinc, Zn	mg	0.86	--	--	0.75	0.73
Copper, Cu	mg	0.101	--	--	0.088	0.086
Manganese, Mn	mg	0.040	--	--	0.035	0.034
Selenium, Se	µg	13.9	--	--	12.1	11.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.073	--	--	0.064	0.062

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Riboflavin	mg	0.133	--	--	0.116	0.113
Niacin	mg	2.282	--	--	1.985	1.940
Pantothenic acid	mg	0.730	--	--	0.635	0.620
Vitamin B-6	mg	0.190	--	--	0.165	0.161
Folate, total	µg	30	--	--	26	26
Folic acid	µg	14	--	--	12	12
Folate, food	µg	17	--	--	15	14
Folate, DFE	µg	39	--	--	34	33
Vitamin B-12	µg	1.90	--	--	1.65	1.61
Vitamin A, RAE	µg	8	--	--	7	7
Vitamin A, IU	IU	28	--	--	24	24
Lipids						
Fatty acids, total saturated	g	3.288	--	--	2.861	2.795
14:0	g	0.091	--	--	0.079	0.077
16:0	g	2.008	--	--	1.747	1.707
18:0	g	1.169	--	--	1.017	0.994
Fatty acids, total monounsaturated	g	5.611	--	--	4.882	4.769
16:1 undifferentiated	g	0.171	--	--	0.149	0.145
18:1 undifferentiated	g	5.347	--	--	4.652	4.545
20:1	g	0.049	--	--	0.043	0.042
22:1 undifferentiated	g	0.002	--	--	0.002	0.002
Fatty acids, total polyunsaturated	g	3.325	--	--	2.893	2.826
18:2 undifferentiated	g	2.616	--	--	2.276	2.224
18:3 undifferentiated	g	0.178	--	--	0.155	0.151
18:4	g	0.030	--	--	0.026	0.025
20:4 undifferentiated	g	0.098	--	--	0.085	0.083
20:5 n-3 (EPA)	g	0.119	--	--	0.104	0.101
22:5 n-3 (DPA)	g	0.057	--	--	0.050	0.048
22:6 n-3 (DHA)	g	0.222	--	--	0.193	0.189
Cholesterol	mg	71	--	--	62	60
Amino Acids						
Tryptophan	g	0.200	--	--	0.174	0.170
Threonine	g	0.790	--	--	0.687	0.672

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 87g	3.0 oz 85g
Isoleucine	g	0.836	--	--	0.727	0.711
Leucine	g	1.508	--	--	1.312	1.282
Lysine	g	1.597	--	--	1.389	1.357
Methionine	g	0.527	--	--	0.458	0.448
Cystine	g	0.205	--	--	0.178	0.174
Phenylalanine	g	0.726	--	--	0.632	0.617
Tyrosine	g	0.622	--	--	0.541	0.529
Valine	g	0.943	--	--	0.820	0.802
Arginine	g	1.077	--	--	0.937	0.915
Histidine	g	0.530	--	--	0.461	0.451
Alanine	g	1.103	--	--	0.960	0.938
Aspartic acid	g	1.817	--	--	1.581	1.544
Glutamic acid	g	2.720	--	--	2.366	2.312
Glycine	g	0.851	--	--	0.740	0.723
Proline	g	0.686	--	--	0.597	0.583
Serine	g	0.764	--	--	0.665	0.649
Other						